



MACARONI AND CHEESE MIX, DRY

Date: April 2009

Code: B433

PRODUCT DESCRIPTION

- Macaroni and cheese mix is made from enriched macaroni, dried cheese sauce with spices, and thickeners. The dry cheese sauce may be made from the following cheeses: cheddar, American, Romano, granular, or Swiss.

PACK/YIELD

- Macaroni and cheese mix is packed in 7 ¼-ounce packages, which provide about 3 servings (1 cup each) of cooked macaroni and cheese.

STORAGE

- Store unopened packages of macaroni and cheese mix in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Cook macaroni in boiling water 7 to 10 minutes until firm to bite for full flavor.
- Remove from heat and drain well.
- In a bowl, combine cooked macaroni, cheese sauce packet, milk, and margarine as directed by the package. Stir well and serve.

USES AND TIPS

- Macaroni and cheese may be eaten by itself once prepared.
- Stir chopped vegetables such as broccoli, green beans, or peas into cooked macaroni and cheese to add flavor.
- Serve macaroni and cheese as a side dish for meat, poultry, fish, or vegetables.

NUTRITION INFORMATION

- 1 cup of cooked macaroni and cheese counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 cup (70g) prepared macaroni and cheese mix

Amount Per Serving

Calories	405	Calories from Fat	165
-----------------	-----	--------------------------	-----

% Daily Value*

Total Fat 17g	25%
Saturated Fat 5g	17%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 770mg	35%
Total Carbohydrate 49g	16%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 9g	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

CHEESY TACO BAKE**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 package (about 7 ounces) macaroni and cheese mix
- 1 pound lean ground beef (or use ground turkey)
- 1 ½ teaspoons taco seasoning
- 1 cup salsa

Directions

1. Heat oven to 400 degrees F.
2. Prepare macaroni and cheese according to package directions.
3. In a medium-size skillet, cook beef with taco seasoning until cooked through and no longer pink, about 5 minutes.
4. In an 8x8-inch baking dish, layer beef, cooked macaroni and cheese, and salsa.
5. Bake about 20 minutes.

Nutritional Information for 1 serving (about 1 cup) of Cheesy Taco Bake					
Calories	232	Cholesterol	55 mg	Sugar	2 g
Calories from Fat	126	Sodium	295 mg	Protein	17 g
Total Fat	14 g	Total Carbohydrate	9 g	Vitamin A	41 RAE
Saturated Fat	4.9 g	Dietary Fiber	1 g	Vitamin C	3 mg
				Calcium	68 mg
				Iron	2 mg

*Recipe adapted from Recipezaar.com.***VEGETABLE MAC AND CHEESE****MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 package (about 7 ounces) macaroni and cheese mix
- 1 cup onion, chopped
- 1 cup green pepper, chopped
- 2 cups carrot, chopped (or 2 cups canned carrots, drained)
- 1 cup canned peas, drained
- 1 cup corn flakes cereal, crushed

Directions

1. Preheat oven to 400 degrees F.
2. Prepare macaroni and cheese according to package directions.
3. In a 9x9-inch baking dish, combine cooked macaroni and cheese, onion, green pepper, carrots, and peas. Sprinkle with corn flakes.
4. Bake 25 to 30 minutes or until top is golden brown.

Nutritional Information for 1 serving (about 1 cup) of Vegetable Mac and Cheese					
Calories	206	Cholesterol	9 mg	Sugar	9 g
Calories from Fat	45	Sodium	444 mg	Protein	8 g
Total Fat	5 g	Total Carbohydrate	33 g	Vitamin A	636 RAE
Saturated Fat	2 g	Dietary Fiber	6 g	Vitamin C	41 mg
				Calcium	125 mg
				Iron	3 mg

Recipe adapted from Recipezaar.com.